

Kickboxing and MMA Classes

TIME/DAY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:30 - 11:30 A							**Adult MMA
11:30 - 1:00 P							**MMA Open Mat
5:30 - 6:30 P		Childrens Kickboxing Basics		Childrens Kickboxing Basics		Childrens Kickboxing Basics	
6:30 - 7:30 P		Adult Kickboxing Basics		Adult Kickboxing Basics		Adult Kickboxing Basics	
7:00 - 8:30 P			Adult MMA		Adult MMA		
7:30 - 8:30 P		Adult Kickboxing Extreme		Adult Kickboxing Extreme		Adult Kickboxing Extreme	

**Adult MMA and MMA Open Mat on Saturdays will be schedule on an as needed basis by the instructor.

Brazilian Jiu-Jitsu

TIME/DAY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30 - 10:30 A		Adult BJJ Basics	Adult BJJ Basics	Adult BJJ Basics	Adult BJJ Basics	Adult BJJ Basics	Kids GI BJJ
1:00 - 2:30 P	OPEN MAT						
5:30 - 6:30 P			Kids GI BJJ		Kids GI BJJ		
6:30 - 7:30 P		Adult BJJ Basics	Adult BJJ Gi Basics	Adult BJJ No Gi Basics	Adult BJJ Gi Basics	Adult BJJ Basics	
7:30 - 8:30 P			Adult BJJ Extreme	Adult BJJ No Gi Extreme	Adult BJJ Extreme		
8:00 - 9:00 P		Adult BJJ Gi Extreme				Adult BJJ No Gi Extreme	

Fitness and Bootcamps

TIME/DAY	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 - 6:00 A		Fitness HIIT or Bootcamp	Fitness HIIT or Bootcamp		Fitness HIIT or Bootcamp	Fitness HIIT or Bootcamp	
9:30 - 10:30 A	Fitness HIIT or Bootcamp	Fitness HIIT or Bootcamp		Fitness HIIT or Bootcamp		Fitness HIIT or Bootcamp	Fitness HIIT or Bootcamp
5:40 - 6:30 P		Fitness HIIT or Bootcamp	Fitness HIIT or Bootcamp	Fitness HIIT or Bootcamp	Fitness HIIT or Bootcamp	Fitness HIIT or Bootcamp	

Class Packages

Basic – If you are just getting started in martial arts, and want to learn the basics, you are permitted to select one martial art and participate in your selected art.

Extreme – If you are interested in having more class time, then this is the package for you. This package allows you to select one martial art, but allows access to the advanced classes.

Fitness Only – This gives access to the fitness enthusiast

MMA – If you are interested in taking more than one martial art at the same time, this will allow you to participate in our MMA class only.

Total Access – this package gives you access to all classes at all times.